

# HALIFAX metro®

NEWS  
WORTH  
SHARING.

## Gun violence in Halifax drops with CeaseFire

Halifax Regional Police statistics show major decline in shootings after introduction of first-of-its-kind program

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## Beheading of U.S. aid worker 'an act of pure evil'

White House confirms, and condemns, death of Peter Kassig — the fifth Westerner killed by ISIL

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## Getting souped up before the winter season

You may not be able to do anything about the cold weather — but you can embrace the arrival of soup season

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## UNIVERSALLY SPEAKING

'DON'T DENY YOURSELF THE LIFELONG GIFT OF A DREAM,' FORMER ASTRONAUT CHRIS HADFIELD TELLS HALIFAX CROWD

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## RAINMEN FALL TO RIVAL RATS

The Halifax Rainmen's P.J. Foster tries to push past the Saint John Mill Rats' Dane Smith during National Basketball League of Canada action at Scotiabank Centre on Sunday afternoon. The Rainmen fell 110-95 to their Atlantic Division rivals and are now 2-2 on the season. See story, page 28. JEFF HARPER/METRO

## Pedestrian safety needs 'everybody'

**'Working together.'**  
Councillor says general attitudes need to change

For the first time, Halifax has a specific crosswalk safety plan, including new tools like zebra stripes on the road and crosswalk flags — but one councillor isn't sure if changes will make a difference without "everybody working together."

City staff is presenting the 2015-16 priority outcomes to Halifax regional council's committee of the whole on Tuesday, including one about pedestrian safety that states pedestrians are able to travel through a "safe and accessible pedestrian network of infrastructure" made of sidewalks, roads, trails and walkways due to pedestrians and motorists "acknowledging their shared responsibility for safety."

Coun. Steve Craig said outcomes are a roadmap staff can go by when making the budget for next year, but when thinking about how to specifically make pedestrians safer he has "no crystal ball" that shows what amount of pedways, connected trails, crosswalk flags or flashing lights will be the solution. "There are different things you can do, but how far do you go?" Craig said Sunday.

Although crosswalk safety has been on police radar for the past year, Craig said he's disappointed there hasn't been a "significant impact" on pedestrian collision numbers.

While he said it's alarming to still see dangerous behaviour from pedestrians and drivers alike, you can't put a police officer in every car or every intersection. "We can do more, I'm just not sure if ultimately it's going to make a difference without everybody working together." **HALEY RYAN/METRO**



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Halifax West High

## School reaches out following death of student

Halifax West High School was open to grieving students Sunday afternoon following the death of a classmate.

A Grade 12 student at the school died in an accident on the ramp connecting Northwest Arm Drive to Highway 102 on Friday afternoon.

The 17-year-old boy was driving a car that collided with a pickup truck.

The victim's name hasn't been released.

"At times like this, it can be important for students who are grieving to gather together," a statement on the school website read on Sunday.

The school had guidance counsellors, administrators and staff on site to speak with students. **METRO**

Don't drink and climb

## Pair accused of getting drunk, scaling crane

Two men were arrested Sunday after they climbed to the top of a crane in downtown Halifax.

Police say the offence happened just after 4:30 a.m. Officers were called to the Nova Centre construction site at Argyle and Prince streets.

Police say the men were eventually talked down and arrested for being drunk in a public place and entering prohibited property.

The men were kept in custody until they sobered up Sunday. They may face criminal charges. **METRO**



Chris Hadfield speaks to a packed room at the World Trade and Convention Centre on Sunday. JEFF HARPER/METRO

# Dream big, Halifax

**Chris Hadfield.** Former astronaut talks space, hard work and a life full of family reunions



**HALEY RYAN**  
haley.ryan@metronews.ca

Hundreds of people stared at the screen in the darkened ballroom as fire and smoke erupted around the bottom of the space shuttle, launching the rocket into the air.

"It's quite a ride, really," Col. Chris Hadfield said with a grin as the lights came on, the crowd laughing and clapping.

The famous former astro-

naut spoke to a huge crowd at the Halifax World Trade and Convention Centre on Sunday afternoon about launching into space, being weightless and going on a space walk — where there's nothing between you and the infinite void but your visor.

Most of all, Hadfield stressed the importance of having a goal and working hard to get it.

"Don't deny yourself the lifelong gift of a dream," Hadfield said. "Let it shape the little decisions that you make every single day."

Hadfield said while he was growing up, he wondered if he needed to be an American to go into space because there were no visible Canadians.

Now he's the one aspiring

Sky's no limit

**"It shows that Canadians can do a lot."**

Adam Culbert, 11, on Chris Hadfield

astronaut Adam Culbert says is "pretty cool."

Culbert, 11, came from Bridgewater to see Hadfield and get his signature after participating in a May event in which classrooms across the country learned a song partly written by him and performed it together.

"He gave so much detail that it kind of felt like I was there," Culbert said.

Hadfield said his speeches, photos from the International

Space Station and music are all ways of sharing what has been an "extremely unique" human experience.

"By challenging yourself ... you'll get more education, you will find ways to make more of yourself than you would have otherwise," Hadfield told Metro afterward.

Although Hadfield said his worldwide fame makes it hard to walk around the mall, he feels like he's in a "perpetual family reunion" where everyone wants to come say hello.

He said there's no bigger compliment than having a stranger say they're proud of you and, "You make me feel like a better Canadian."

"That's such a wonderful, rare thing," he said, smiling.

1 NEWS



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# CeaseFire puts muzzle on gun violence in Halifax

**Crime.** Police stats show double-digit drop in shootings after introduction of special program

Lason Johnson smokes a cigarette outside an apartment building in Halifax's North End, a neighbourhood where he spent years selling crack cocaine.

"I helped poison my community when I was younger," said the 30-year-old Johnson, flicking back the hood of his black sweatshirt from his head. "We used to sell a lot of dope. Now looking back in the clique that I had, three of the guys are in jail for life, and two of the guys have been murdered."

Johnson has turned his life around. But it wasn't until he

served three years behind bars for drug trafficking that he realized he didn't have to live a life filled with crime and violence.

Now, he's helping others with a program called CeaseFire, a first-of-its-kind program in Canada that began in May. It aims to bring down gun violence in several Halifax communities among young black men aged 16 to 24, a group it deems high-risk.

Viki Samuels-Stewart, project manager at CeaseFire, says the program is modelled on a gun violence reduction program in Chicago. The group thinks of gun violence as a virus and treats it like an epidemic.

"It's all about establishing relationships and trust," said Samuels-Stewart of the program, which received more than \$2 million in funding earlier this year from the federal government.

"One of the first things you do is find the source and then stop the transmission and change the behaviour ... We work directly with those involved."

Johnson, who describes himself as a "violence interrupter," is on call 24 hours a day. He keeps his "ear to the streets," goes to all com-



A Halifax Regional Police officer at the scene a shooting in North End Halifax in June 2013. JEFF HARPER/METRO FILE

munity events and stops in at weekend parties. He hangs out at basketball courts.

Johnson said if he hears about a potentially violent situation, he goes directly to the scene and attempts to reason with the parties involved and provides alternatives in resolving the issue.

"A few weeks ago a guy was drinking and I heard him talking in the corner about how he was going to shoot somebody," said Johnson, who focuses on Uniacke Square and Mulgrave Park neighbourhoods, areas that consist of public housing.

"I started talking to him.

He starts talking about his nephew. He starts smiling. Next thing I know, he wound up chilling."

Johnson said three days later, the same person ended up in jail for possession of a weapon.

"I was talking to him from jail and he said, 'Lason, thank

you ... I'm in jail for possession instead of murder or attempted murder."

Halifax police say gun violence has decreased since last year. Const. Pierre Bourdages says there have been 24 shootings this year, compared to 35 during the same period last year. **THE CANADIAN PRESS**

## Quoted

**"I'm in these areas like a box of Kraft Dinner. If these guys are now sitting down and talking to me, we're doing something right."**

Lason Johnson



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## Burnside. Man charged after inmate mistakenly released from jail

Halifax police have charged a man with helping an inmate escape from the local provincial jail.

A spokesman for regional police says inmate Eliahs Knudsen Kent was mistakenly released from the Central Nova Scotia Correctional Facility in Burnside on Nov. 7 when he allegedly posed as another man in custody.

Gregory Sheldon Spears



Eliahs Kent  
HANDOUT

was supposed to be released that same day.

Kent was arrested Nov. 8 after a brief foot chase in the Spryfield area of Halifax.

Spears was charged Friday with permitting escape and breach of a court order.

THE CANADIAN PRESS

## Suspect in custody. Man broke into home while woman slept: Police

Police have charged a 42-year-old man with a break-and-enter in Dartmouth.

Just before 8 a.m. Saturday, police say a man was seen forcing open the door of a home in the 0 to 100 block of Albrow Lake Road.

A short time later, a man matching the suspect's descrip-

tion was located in the area and he was arrested by officers.

Police say a woman who lives inside the home was asleep at the time and wasn't injured.

The accused is being held in custody until a court appearance on Monday.

METRO

### Mental-health patient

#### Search on for missing woman

Halifax Regional Police are on the hunt for a missing mental-health patient from the Nova Scotia Hospital in Dartmouth.

According to a release from Capital Health, 21-year-old Jenna Davidson left Thursday afternoon from the hospital and hasn't returned.

The longer she is away from treatment, the greater risk she is to herself, the re-



Jenna Davidson  
HANDOUT

lease states.

Davidson is described as five-foot-five with a large build, dark brown eyes and long, dark

brown hair that is usually in a ponytail.

She was last seen wearing black leggings, a grey sweater, running shoes and a white jacket with black detailing.

Anyone with information on her whereabouts is asked to contact police. METRO



Brittany Connors, owner of Vivacious Vixen Apparel, stands next to what's left of her merchandise on Friday afternoon. BRAEDON CLARK/FOR METRO

# 'We'll get past this,' owner says

## Vivacious Vixen Apparel. Nearly all the merchandise stolen from women's clothing store

Brittany Connors arrived at Vivacious Vixen Apparel, her clothing store, on Friday morning to find that nearly everything had been stolen overnight.

"I'd say somewhere between 80 and 90 per cent of everything was taken," she said as she sat among what was left of her inventory, a few half-full racks of women's clothing.

"Thousands of dollars worth

of stuff was taken."

There had been signs of trouble overnight, as the store's alarm went off twice, she said. Both times, Connors' husband arrived to find nothing out of place.

The suspect or suspects must have come back later, with Connors saying police told her they probably wedged their way in with a crowbar before nearly stripping the place clean.

The store opened just a year ago on Cunard Street on the strength of a massive fundraising effort — "we didn't take out a loan to open this place," Connors said — and she was in the middle of preparing for a move

### How to help

A crowdfunding campaign was started Saturday for Vivacious Vixen Apparel. About \$2,000 was raised by mid-Sunday afternoon. You can make a donation by going to [gofundme.com/has839g](http://gofundme.com/has839g).

to Dartmouth in just a couple of weeks.

"This will slow things down," Connors said when asked about the move. "But we aren't giving up and we'll get past this."

The store's Facebook page

was flooded Friday with messages of support from a customer base Connors called extremely loyal. One person offered to help raise money while another said she would loan a sewing machine if it was needed.

Connors said she has insurance and hopes to get some of her money back, but will be keeping an eye out for her missing clothes. "I made a lot of those clothes myself, so I know exactly what they look like."

Police are currently investigating. "We don't have video or any kind of evidence at this time, but we are in the early stages," said spokesman Const. Pierre Bourdages.

BRAEDON CLARK/FOR METRO

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## 'Tis the season for thieves. Police warn people to shop safely

With Christmas shopping season firmly upon us, Halifax Regional Police and Halifax District RCMP are reminding the public that all those shoppers can be prime targets for thieves.

In addition to the usual warnings — locking your car, keeping valuables out of sight — police are warning shoppers to avoid leaving high-end items unattended, as thieves will often follow those leaving more expensive stores.

"We've had situations where people buy brand new electronics, go to a second store and while they're in the

### What to do

Police say anyone that notices suspicious activity in a mall parking lot can call police at 902-490-5020. The time, location and description of the suspect is helpful for investigators.

second store, the electronic (item) is stolen," said Const. Pierre Bourdages of Halifax Regional Police. "If you're going to buy something big or expensive, take it home right after you buy it."

Even though the holidays are usually a time to do good unto others, Bourdages said there is always someone looking to take advantage of others.

"The major point is to be aware that there are people out there who may be ill-intended," he said.

BRAEDON CLARK/FOR METRO

### Take it home

**"If you're going to buy something big or expensive, take it home right after you buy it."**

Const. Pierre Bourdages of Halifax Regional Police

# Shop till you drop has begun



Shoppers get an early start on their Christmas lists at Dartmouth Crossing on Saturday. BRAEDON CLARK/FOR METRO

### November shopping.

Flurry of holiday specials expected in coming weeks

At the Halifax Shopping Centre on Saturday, the mall directory was framed in a wreath. On the bottom floor, Santa's giant red and white chair sat waiting, empty for now.

At Dartmouth Crossing, shoppers braced themselves against chilly winds to take advantage of tax-free savings, because what's a little cold when compared to tax-free shopping?

Whether you like it or not, one thing is for sure — Christmas shopping in November has become the norm, not the exception.

### Early shopper

**"This is a bit early for me. Normally I'm a last-minute kind of shopper."**

Meghan Coombs, out shopping Saturday.

"This is usually the time of year when I do my shopping," said Valerie Llewellyn, who came from Bridgewater with friends to pick up her gifts. "We come for the day and make an event out of it. I try not to buy things for myself, but sometimes it's hard."

Most people seemed to agree that doing your shopping any time after Nov. 1 is reasonable, with some exceptions.

"My mom does her shopping basically all year round," Kristen Reid said with a laugh, hands full of bags.

"If you're Christmas shopping in the summer you're probably a little weird."

According to a recent survey by Field Agent Canada, cited in a Toronto Star article, the average Canadian is expected to spend \$885 on Christmas this year, down from \$953 in 2013.

If that projection holds true, it won't be good news for the retailers at Dartmouth Crossing and all across Halifax, many of whom heavily depend on the Christmas season.

BRAEDON CLARK/FOR METRO

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# Halifax to host clinical trial of Ebola vaccine

**40 volunteers.** Doses to be tested at Dalhousie

A clinical trial of the made-in-Canada Ebola vaccine will be conducted in Halifax, Health Canada and the Public Health Agency of Canada announced Friday.

The contract to do the work was given to a research consortium set up to do vaccine trials as a part of a rapid public health response, called the Canadian Immunization Research Network. It was first established — under a different name — to do clinical trials of H1N1 flu vaccine during the 2009 pandemic.

The network is funded by the public health agency and the Canadian Institutes of Health Research, which have allocated \$300,000 for this clinical trial.

The network itself proposed to do the trial in Halifax, one of 10 trial sites in the network,

and one of its most experienced, said Dr. Scott Halperin, lead investigator for the immunization research network.

"The most important reason for not doing it in Winnipeg is we did it at the site that had the most experience in Phase I studies," said Halperin, who is also director of Dalhousie University's Canadian Center for Vaccinology, where the trial will be conducted.

The trial protocol specifically excludes people who work with filoviruses — the virus family to which Ebola belongs — so even if the trial had taken place in Winnipeg the National lab's Ebola researchers would not have been able to enrol, he said.

The trial will begin recruiting 40 volunteers between the ages of 18 and 65 this week. Ten each will receive one of three different doses and the remainder will get an injection of saline as a placebo.

THE CANADIAN PRESS



## Santa Claus lights up Bedford Parade

Santa waves to the crowd during the annual Light Up Bedford Parade on Sunday night. Hundreds of people lined the Bedford Highway to take part in the parade. JEFF HARPER/METRO

### Child porn case

## No charges against publishers of victim's name

Police in Halifax say charges will not be laid against people who published the name of the victim in a high-profile child pornography case that was subject to a publication ban.

Investigators have wrapped up seven files of possible breaches of a court-ordered ban on the identity of the teen girl at the centre of the case.

Officers began looking into the matter in late September after receiving complaints that the victim's name was published by both citizens and the media.

Police say they considered whether the victim's name was used in connection with the child pornography charges as well as the context in which her name was used.

Based on that, they decided not to lay charges.

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# 'Ebola nurse' turns focus to Canada

**Policy game.** U.S. nurses take Canadian government to task on recent clampdown on flights from Ebola-affected regions

She took on U.S. politicians. Now a nurse who castigated what she considered ignorant Ebola policies in her own country has a few words for the Government of Canada.

Kaci Hickox, the woman who became known as The Ebola Nurse, is now free to move around, after clearing the 21-day virus-free period. Outside of her own experience, she's become familiar with Canada's clampdown on travel from parts of West Africa.

"I had this terrible gut reaction," Hickox said.

Large numbers of people have told pollsters they want severe travel restrictions, simi-



Kaci Hickox THE CANADIAN PRESS

lar to the measures imposed in Canada. The U.S. government has resisted, saying they would be more harmful than helpful.

"We should be listening to public-health leaders. This should not be a political game," she said.

Another American back from a volunteer stint in Africa chose, unlike Hickox, to willingly place herself in quarantine. Jessi Hanson said she was lucky to have a supportive employer, who let her work from home.

But she was equally scath-

ing, perhaps more so, toward the Canadian policy.

"Shocked and appalled," Hanson said of the reaction she's heard from friends in the U.S., to Canada's Oct. 31 announcement.

She said it sends a signal to the rest of the world that these countries should be cut off, their economies further damaged, and their travel ability restricted, she said. It also risks a serious unintended consequence: scaring African countries into covering up evidence of Ebola on their soil.

"What does it say — how do we value that country and those people? I don't think Canada would have imposed such a ban on the United States or England," Hanson said.

The Canadian government points out its policy allows some case-by-case exceptions, and because it doesn't apply to people with Canadian passports it wouldn't affect health workers heading to Africa.

THE CANADIAN PRESS



## The city is their winter wonderland

Robert Boersma stands poised atop a railing in Calgary. Like many so-called urban skiers across the country, Boersma and his friends spend all summer plotting out and planning what locations to hit up when the city finally gets its winter coat and it's time to turn cityscapes into playgrounds. "In the city you can look at anything and make it into anything," Boersma says. "You can take a railing going along a bank and hit it and land on the bank, or you can look at a wall and drop off the wall, ski up the wall." COURTESY CHRIS PILLING

### Springing into action

## Canadian Navy members fight Turkish fire

The federal government says six Royal Canadian Navy members sprang into action to battle a fire while dining on shore in Turkey,

dousing flames and evacuating a burning building.

National Defence says the crew members of HMCS Toronto were eating at a restaurant during a port visit in Antalya on Friday when they spotted the blaze.

Acting quickly, the group grabbed a fire hose, rigged it in the street outside the burning structure and

sprayed it with water, snuffing out the fire.

The military says HMCS Toronto was in Antalya after participating in a Turkish-led anti-submarine exercise. That exercise was part of NATO-supporting military activities taken in response to Russia's aggressive actions against Ukraine.

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## G20 Australia. Canada to contribute to UN climate fund, Harper announces

Canada will soon contribute to a United Nations climate fund that helps impoverished nations cope with climate change and to develop cleaner sources of energy, Prime Minister Stephen Harper said Sunday.

The pledge, made at the end of the Group of 20 summit in Australia, comes on the heels of an announcement by U.S. President Barack Obama that the U.S. is contributing \$3 billion to the Green Climate Fund.

"We want to see and we will be part of an international agreement of binding obligations on all major emitters," Harper told a news conference after praising the recent climate deal signed between the U.S. and China.

"For the first time, that is actually starting to take shape so that's something we welcome and something we'll contribute



Prime Minister Stephen Harper holds a koala at the G20 summit in Brisbane, Australia, on Saturday. ANDREW TAYLOR/G20 AUSTRALIA/THE ASSOCIATED PRESS

to.... We've always contributed to these international climate financing initiatives, and we'll announce our own contributions to it in the not-too distant future." **THE CANADIAN PRESS**

For more G20 coverage, see page 13

## Ghomeshi scandal. Key to stopping sexual assault is teaching consent: Experts

Sexual assault allegations against former CBC Radio host Jian Ghomeshi have sparked a national conversation about how to facilitate the reporting of such incidents, but some advocates say the focus should instead be on prevention.

A key to stopping sexual assaults from happening in the first place is education about the legal landscape, says Kim Stanton of the Women's Legal Education and Action Fund.

"It's so important to educate young people on the law of consent and the fact that consent is something that has

### Quoted

"We need to have young people understanding what a healthy relationship looks like."

Education Minister Liz Sandals, who added that "video games and rock videos ... are not portrayals of healthy relationships."

to be renewed at every stage, it can't just be assumed," she says.

Nine women have come forward with allegations that Ghomeshi assaulted them.

**THE CANADIAN PRESS**



## Wind-farm opponents hoping to have their say at appeal

A wind turbine is seen in Melancthon Township, Ont., on Sunday. Groups opposed to industrial-size wind farms are looking to intervene in a landmark appeal that begins Monday against one of Ontario's largest wind-energy projects. The constitutional challenge before divisional court focuses on claims by farm families concerned about the potential health effects of living as close as 500 metres to the turbines. **COLIN PERKEL/THE CANADIAN PRESS**

# News media call for Bourque evidence to be made public

### New Brunswick.

Lawyers to argue about access to trial exhibits, including videotaped confession of man who killed three Mounties

### Quoted

"This case where you have this kind of ambush and premeditated gunning down of RCMP members is a public interest in Winnipeg, just like it's a public interest ... in Moncton."

Lawyer David Coles, who represents media organizations, including The Canadian Press, that have asked for access to exhibits used at Justin Bourque's sentencing hearing

Lawyers will be in a New Brunswick courtroom Monday to argue whether exhibits entered as evidence at Justin Bourque's sentencing should be made public, including a videotaped police interview where he admits to shooting three RCMP officers dead and

wounding two others.

Bourque was sentenced last month to life in prison with no eligibility for parole for 75 years, after pleading guilty to three counts of first-degree murder and two counts of attempted murder. The penalty is the harshest Canada has

seen since the last state-sanctioned executions in 1962.

A number of news media organizations, including The Canadian Press, have asked for access to the exhibits that were used at his sentencing hearing.

Lawyers for Bourque and the Crown are opposing the

request.

David Coles, the lawyer representing the media, said the public has a right to see and hear the evidence.

"It seems to me the Canadian people have a right to review the evidence upon which the chief justice made the decision that was appropriate," Coles said. "We live in a society where, unfortunately over the past several years, a multiplicity of our peace officers have been gunned down and one has to ask, 'Are the protocols appropriate? Are their orders appropriate? Is their equipment sufficient?'"

**THE CANADIAN PRESS**

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# Obama slams beheading of U.S. aid worker as 'an act of pure evil'

**About a dozen others also killed.** The White House confirmed the death of U.S. aid worker Peter Kassig, the fifth Westerner killed by ISIL

The Islamic State of Iraq and the Levant (ISIL) released a video Sunday of a masked militant standing over a severed head it claimed was Peter Kassig, a former U.S. soldier-turned-aid worker who was taken hostage while delivering relief supplies to Syrians caught in that country's brutal civil war.

Hours later, the White House confirmed Kassig's death after a review of the video, which also showed the beheadings of a dozen Syrian soldiers.

Kassig, 26, a former Army Ranger who returned to the Middle East to help wounded

and displaced Syrians, "was taken from us in an act of pure evil by a terrorist group that the world rightly associates with inhumanity," U.S. President Barack Obama said in a statement. He denounced the extremist group, which he said "revels in the slaughter of innocents, including Muslims, and is bent only on sowing death and destruction."

With Kassig's death, ISIL has killed five Westerners it was holding. American journalists James Foley and Steven Sotloff were beheaded, as were British aid workers David Haines and Alan Henning. Unlike previous videos of slain Western hostages, the footage released Sunday did not show the decapitation of Kassig or the moments leading up to his death.

"This is Peter Edward Kassig, a U.S. citizen ... who fought against the Muslims in Iraq," said the black-clad mil-



This undated file photo provided by the Kassig family shows Peter Kassig standing in front of a truck filled with supplies for Syrian refugees.  
COURTESY KASSIG FAMILY/THE ASSOCIATED PRESS

itant, who spoke with a British accent that was distorted in the video, apparently to

disguise his identity. Previous videos featured a militant with a British accent that the FBI

## Captured in Syria

### Peter Kassig captured while delivering aid

Peter Kassig first experienced the Middle East as a soldier, then returned as a student and, finally, as a humanitarian intent on helping those whose lives were upended by the brutal

civil war in Syria, whatever their allegiance.

Kassig was captured last year in eastern Syria while delivering relief supplies to refugees of Syria's civil war. The Indianapolis man, a former U.S. Army Ranger who founded a relief organization, converted to Islam while in captivity and took the first name Abdul-Rahman.

says it has identified, though it hasn't named him publicly. The video appeared on websites used in the past by ISIL, which now controls a third of Syria and Iraq.

The video also showed the beheadings of about a dozen men, identified as Syrian military officers and pilots. A black-clad militant warns that U.S.

soldiers will meet a similar fate.

Kassig's family said in a statement that they preferred that he "is written about and remembered for his important work and the love he shared with friends and family, not in the manner the hostage takers would use to manipulate Americans and further their cause." **THE ASSOCIATED PRESS**

## Amateur footage of Flight 17 downing shows alarm in village

Four months after Malaysia Airlines Flight 17 was shot down over rebel-held eastern Ukraine, The Associated Press has obtained video that shows how close the burning passenger jet came to hitting village homes and suggests that residents first assumed it was a

Ukrainian military plane that had been struck.

The amateur footage, filmed by a resident of Hrabove, shows people reacting in alarm as wreckage blazes only a few metres away from their homes on the afternoon of July 17. The video is perhaps the first taken

immediately after the plane came down.

The ultimate cause of the MH17 disaster is the subject of major diplomatic disputes. Ukraine and Western government say Russia-backed separatist fighters fired the rockets that felled the plane, while

state-run television in Moscow over the weekend produced evidence it claims places blame with Ukraine's air force.

All 298 people aboard the Boeing 777 flying from Amsterdam to Kuala Lumpur were killed when it was shot down over a rebel-held area. Charred

remains of the aircraft are scattered around fields over an area of 20 square kilometres.

Workers on Sunday began collecting debris from the crash site, under the supervision of Dutch investigators and officials from the Organization for Security and Cooperation

in Europe. The recovered fragments will be loaded onto trains and taken to the government-controlled eastern city of Kharkiv. The investigation into what happened to MH17 is being conducted there and in the Netherlands.

**THE ASSOCIATED PRESS**

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# Inventing 'an unstealable bike'

**Uphill battle.** After Chilean's bike stolen, he and two friends set out to solve a common problem

It's a bicyclist's dream: a bike that can't be stolen.

The Yerka, a prototype designed by three young Chilean engineering students, is the latest entry in a recent trend of bikes that can be locked using some of their own parts.

They include Brooklyn-based Seatylock, which uses its saddle seat as a lock, and Seattle-based Denny, which is locked with its detachable handlebars.

But the inventors of the Yerka have a new twist on that approach: The bike's lower frame opens up into two arms that are then connected to the seat post and locked to a post, so thieves would have to destroy a Yerka to get it unlocked, leaving it valueless.

"That's why our motto is 'A bike that gets stolen is no longer a bike.' What we have here is truly an unstealable bike," said Cristobal Cabello, who came up with the design during a college engineering class with childhood friends Andres Roi Eggers and Juan Jose Monsalve.

In Chile and elsewhere in Latin America, the spread of designated cycling lanes, storage racks and bike-share programs are encouraging commuters to switch from cars to bikes, which are cheaper and environmentally friendly.

Cristobal Galban, who holds a doctorate in naval and environmental engineering and is director of the sustainability research centre at Santiago's Andres Bello University, said a study by his team in 2013 found that "the use of bikes has doubled among Chileans" in five years.

"The main problem in Chile and elsewhere is the robberies, so the Yerka could help solve this," said Galban, whose own bike was recently



Cristobal Cabello poses for a picture with the Yerka Project, a prototype for an "unstealable bike," at a bicycle trail in Santiago, Chile. THE ASSOCIATED PRESS FILE

stolen.

The young engineers said they began experimenting with their idea after Roi's bicycle was stolen. First they built a PVC model, then constructed a working prototype.

Now, while waiting for the patent to be approved and carrying out more tests on the bike's resistance to thieves, the team plans to launch a crowdfunding campaign seeking to raise

## Spinning wheels

Tony Hadland, co-author with Hans-Erhard Lessing of *Bicycle Design: An Illustrated History*, called the Chileans' design "very clever."

- Leaving aside the familiar shackle locks and chains with locks, most anti-theft accessories have been bolt-on devices, he said. The latter usually involve a piece that passes between the spokes to stop the wheel rotating, but they can still be easily picked open by a thief, he said.
- "The most effective strategy commonly used in London today is to take the bike into the office with you," Hadland said.

funds. They're also looking for a partner who can invest \$300,000 US needed to produce a first batch of 1,000 bikes that they hope will be sold by mid-2015.

THE ASSOCIATED PRESS

## Workin' 9-5? Paid to play, what a way to make a livin'

From nine to five, seven days a week, Robert Schill plays video games while sitting on a plush, brown sofa in central Florida.

Hundreds, sometimes thousands, of people watch. His web channel has more than 35 million hits in one year.

And Schill gets paid for it. He's a shift worker, a labourer in a brave and strange new economy that rewards a Big Brother-like existence combined with entrepreneurial pluck.

Schill's not alone in this venture, not even in his own home. When the 26-year-old ginger-haired Schill finishes his shift, he unplugs his game controller and his roommate, 29-year-old Adam Young, sinks into the sofa and plays until 1 a.m. Then a third roommate, Brett Borden, 26, clocks in for his eight-hour shift.

They are the stars of StreamerHouse. They broadcast via Twitch.tv, an online network that attracts tens of millions of visitors, most of whom watch footage of other people playing video games.

StreamerHouse is set in a 1920s-era Mediterranean-revival home graced with 20 cameras, at least 15 computer screens and two bulldogs (Mister Pig and Baby Pig). It's part reality TV, part talk radio and part performance art. The trio play games, chat with fans and narrate their daily lives into an expensive microphone setup.

They make money from a cut of Twitch advertising, subscriptions, video game sales and from fan donations.

THE ASSOCIATED PRESS

# G20 leaders make long list of promises

The communiqué issued by a weekend summit of the 20 biggest wealthy and developing economies spanned issues from boosting growth to combatting corruption. Here are some of the commitments made by G20 leaders after two days of meetings in Brisbane, Australia.

## Growth

Leaders finalized a plan outlined by their finance ministers early this year to boost the world economy. Through 1,000 policy meas-

ures, 800 of which are new, they hope to add \$2 trillion US to world GDP by 2018 on top of the growth already expected. World GDP this year is about \$77 trillion.

An assessment of the initiatives by the IMF and OECD says their clarity and concreteness has increased but some remain "insufficiently precise."

## Women at work

The G20 nations want to see 100 million more women in employment by 2025.

That will require reducing the barriers to female participation in the workforce. It would reduce poverty and inequality and boost economic growth. But the communiqué does not say how this new goal will be achieved.

## Tax evasion

To prevent cross-border tax evasion by corporations and wealthy individuals, G20 countries agreed to automatically exchange tax information with each other

and with other nations by 2018 at the latest.

That is part of an on-going effort to stop multinational companies lowering their tax bills by moving profits from the country where they are earned to places with lower tax rates.

## Infrastructure hub

To be located in Sydney, this co-ordinating body will work with governments, companies and development banks to help the G20 achieve a goal of increasing

investment in infrastructure.

It will have an initial four-year mandate. Infrastructure needs in areas such as electricity networks, roads, rail and ports are particularly acute in developing countries. In Asia alone, the Asian Development Bank estimates developing countries will need to invest \$8 trillion in infrastructure from 2010 to 2020 just to keep their economies moving forward.

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# JUSTICE & THE GIRL WHO CANNOT BE NAMED

It is easy to understand the anger, the frustration.

The boy, who is now a man, took the picture of a girl who will now never become a woman (but who still can't be named — and that is part of the frustration), but will not go to jail.

Instead, Judge Gregory Lenehan on Thursday sentenced the now-20-year-old in a Halifax provincial courtroom to write an apology to the parents of the girl, to be delivered through his youth worker, and to provide a DNA sample for a national database. The judge also urged him to attend a course on sexual harassment. But, after 12 months of good behaviour, he will be considered discharged.

His life will go on...

On Nov 12, 2011, the boy, then 17, and the girl, 15, attended a small house party where there was underage drinking and sex-



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

ual activity.

At some point, the boy took a cellphone photo of his friend having sex with the girl, who was, by then, vomiting out a window.

The next day, the boy sent the photo to his friend, who circulated it via social media, triggering months of bullying and harassment and leading, inexorably, to the girl's death.

During the sentencing, the judge told the young man: "The act depicted in that photo that you took is vile. It is degrading. It is dehumanizing."

He had no doubt it triggered the girl's "fall into a deep, dark hole of despair from which she could not extricate herself."

But he also made two other important points: The first is that everyone involved in this tragic incident was, at the time, a young person who never considered the potential horrific consequences of their actions.

The young man, a first offender the judge believes is "genu-

## Judge's ruling

The young man, a first offender the judge believes is "genuinely remorseful," is therefore "not as morally blameworthy as an adult."

inely remorseful," is therefore "not as morally blameworthy as an adult."

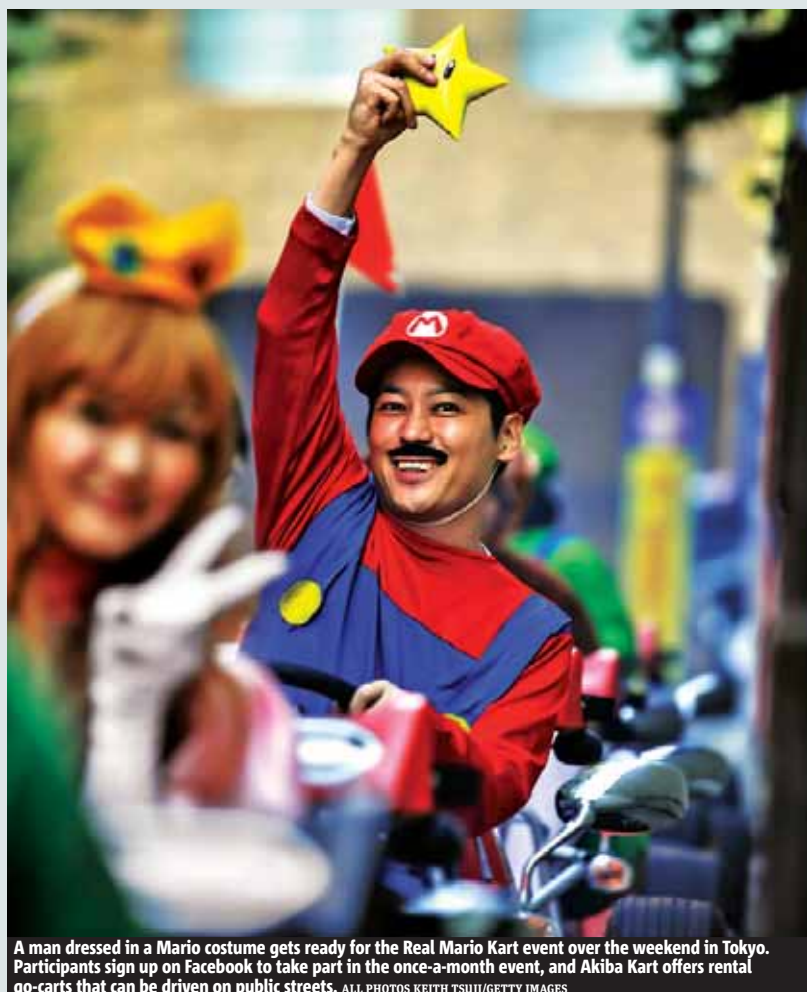
The second is that youth court "is not a court of retribution. It is a court that seeks to reform and rehabilitate the young person."

No penalty any court could have imposed, of course, will bring back this young girl.

But we do know her death has changed laws, and the national conversation.

Now, we can only hope the judge's thoughtful blend of condemnation and direction will lead to personal reform and rehabilitation, too.

## Kawaii Mario Kart



A man dressed in a Mario costume gets ready for the Real Mario Kart event over the weekend in Tokyo. Participants sign up on Facebook to take part in the once-a-month event, and Akiba Kart offers rental go-karts that can be driven on public streets. ALL PHOTOS KEITH TSUJI/GETTY IMAGES

## Japanese cosplayers bring racing game to busy Tokyo streets

Are you a big fan of Nintendo's Mario Kart video games on the Wii and 3DS? Well, you might be interested to watch these Japanese cosplayers bring Mario Kart characters to life on the roads of Tokyo.

The real-life Mario Kart drivers have been seen driving through the Tokyo districts of Shibuya and Harajuku, and are always happy to pose for photos and ham it up for the cameras when they stop at traffic junctions. [IBTIMES.CO.UK](http://IBTIMES.CO.UK)

### Wanna get in on the fun?

Interested parties can rent a go-kart for themselves in Tokyo.

- The go-karts are street legal and travel at a maximum speed of 55 km/h.



## MetroTube



## Turkey gets the herky jerky



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Sure, at first this was amusing: A hapless turkey suitor, working his best plumage game, only to be foiled by a lady bird's quick-thinking rejection technique. But it didn't take long before that laughter turned to tears, because this bird's face-planting failure looks all too familiar. (YouTube)



GETTY IMAGES

## Twitter

@metropicks asked: In the latest twist, the big cat on the loose in Paris is not a tiger after all, but hundreds of police officers are still on the case. What should the super-cool official operation name be?

@speirsr: "What should the super-cool official operation name be?"  
Operation Tigger Bounceth

@\_LeftOne: Spy of the Tiger?

@SteveShrout: Operation Furbull. Catnip Caper. Operation Freaky Feline. Operation Here Kitty Kitty Kitty. (The last is my fav)

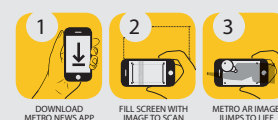


## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 30 in Sports.

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# MINUTEMAN PRESS

## Handling all your printing needs

*Minuteman Press will celebrate new location with a grand opening*

With its newest location at 101 Simmonds Dr. in Burnside, Minuteman Press now has three Metro locations, all owned and operated by the Maheux family.

To celebrate the newest addition to the Minuteman Press family, the business is having a grand opening celebration Thursday. From 4-7 p.m., the business will open its doors and show off the new facility, including the production space. As well, there will be snacks, refreshments, giveaways and the chance to win a \$500 printing gift certificate from Minuteman Press.

Minuteman Press is a full-service print and copy shop and can handle all of the printing and copying needs you can think of, but also offers signage, promotional products, and direct mail, meaning it can take care of all your business communication needs.

There are many print shops in Halifax, so what makes Minuteman Press stand out?

Minuteman Press offers next-day service and free delivery throughout Metro. As well, thanks to its tech-savvy website, people can place orders online and view digital proofs. For some jobs, a person could conceivably not



step foot in a Minuteman Press location, just as if they were making an online purchase for something like shoes or a book.

The company also invests heavily in its equipment. The Burnside location has a production facility three times the size of its Bayers Lake location, which means it can complete jobs faster without sacrificing quality, while undertaking more complex jobs.

This focus on staying up-to-date with the

latest technology is a competitive advantage and one that Minuteman Press will remain committed. "That's a big thing for us," says owner Mike Maheux Sr.

The business is family owned and operated. Maheux Sr. purchased the Cole Harbour location in 1998 and purchased the Bayers Lake location in 2011.

Since Day 1, Maheux's two children, Chantal and Mike Jr., have helped out with

the business as they have grown to adulthood.

Today, Chantal is the general manager of Minuteman Press's three locations, while Mike Jr. runs Pulse Signs and Design, the Minuteman Press division that takes care of signage needs. The family component of the business has even branched out. Chantal's husband, Kris Webster, runs Minuteman Press' Bayers Lake location.



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Mike Maheux Sr. runs Minuteman Press along with his two children, Chantal Webster and Mike Maheux Jr.

## FAMILY OWNED, OPERATED

Minuteman Press is a family business in every sense of the word. Since Day 1, members of the Maheux family have been involved in different aspects of the business.

When owner Mike Maheux Sr. purchased the Minuteman Press Cole Harbour location in 1998, two of his helpers were his kids, Chantal and Mike Jr.

"I used to get them to help out in the back shop just to keep them busy," Maheux Sr. says.

Chantal and Mike Jr. continued working in the business as they went to school and later university. Oddly enough, they have just as much experience as their father.

"They have as many years in the business as I do," Maheux Sr. says.

Today, Chantal and Mike Jr. are in more of a leadership position with the company. Chantal is the general manager for Minuteman Press's three locations, while Mike Jr. runs Pulse Signs and Design, Minuteman's signage division.

Maheux Sr. loves the fact his children are working in the business.

"It's amazing. You couldn't ask for anything better."

The number of family members in the business has grown from Maheux's two chil-

dren. Chantal's husband, Kris Webster, runs Minuteman Press' Bayers Lake location.

Moving into the future, the younger generation of Maheux's will take over the business — and Maheux Sr. couldn't be more proud.

"They're working toward their own future, so they have a vested interest to do well."

The company will also continue its expansion efforts and invest in the latest technology.

"It's expensive to do, but I think it's the only way you're going to stay ahead of the game," Maheux Sr. says.

### OPENING ITS THIRD LOCATION

Minuteman Press will be celebrating the opening of its third Metro location with a grand opening party Thursday.

The newest addition to the Minuteman family is a location at 101 Simmonds Dr. in Burnside, adding to existing locations in Bayers Lake and Cole Harbour.

The grand opening party, from 4-7 p.m., will include snacks and refreshments, giveaways, plus a grand prize of a \$500 printing gift certificate from Minuteman Press. The opening will also represent a great opportunity for business people to network.

"We're very proud of the location, our staff and the equipment we have and we'd like to show those things off," says Lynn MacMichael, a Minuteman Press account executive.

Grand opening guests will be able to check out the production facility to see what happens behind the scenes.

"People don't normally get to see this," MacMichael says, pointing to the production facility. "All they see is the finished product."

MacMichael says the company decided to open a third location because the business was growing at the other locations, as well as the opportunity to serve the Burnside market.

The Burnside location is spacious and offers a production space three times the size of the Bayers Lake location.

"We have a lot more room to work," says production manager Dave Richardson.

He adds the new space means Minuteman Press was able to purchase additional equipment, which allows it to increase the speed at which jobs can be done, as well as undertake more complicated projects.

"If you don't keep up, you get left behind," Richardson says.

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## The Minuteman Press difference

As far as business names go, Minuteman Press is perfect.

"The Minuteman difference is that we can get your things the next day. That's why it's called Minuteman Press," says account executive Lynn MacMichael.

Other advantages of doing business with Minuteman Press is that it offers free delivery anywhere in Metro.

As well, Minuteman Press is a one-stop

shop, offering more than just printing.

"It's not only printing, it's signage and promotional products, as well," says owner Mike Maheux Sr.

"Typically, all three things are what customers need and we offer them all."

Maheux Sr. says Minuteman Press focuses on making it as easy as possible for its clients, allowing customers to place their orders online and receive free quotes.

Minuteman Press also maintains active communication with customers, which means the experienced staff get to know clients and their needs.

"We always go in and check with the client to see if there is anything else they need or if there is anything else we can help them with," Maheux Sr. says.

Minuteman Press also help its clients by connecting them with other business people.



Account executive Lynn MacMichael

## THINKING OUTSIDE THE BOX

Everybody's house is littered with promotional products they have been given, such as hats, key chains and pens. But which really stand out and are appreciated?

"We do promotional products relevant to a company's business," says Lynn MacMichael, an account executive with Minuteman Press.

Before coming up with a promotional product, there is a lot of thought that goes into making sure the product is a good fit for what a company offers.

For example, Minuteman Press is doing the branding for a digital video production company. Part of that includes creating a promotional USB key featuring the company's logo on it. When people load the USB, a brief video about the company will play and then people will be free to use the USB as they please. This will provide exposure for the company every time the person uses the USB. The product itself is a digital tool, much like the services the company offers.

Another example of some outside-the-box thinking is that a gym wanted to give out some promotional products, so Minuteman Press came up with the



Angela Corkum and Marcie Clowry show off some of the promotional products that Minuteman Press can create.

idea of a grocery list pad that had a magnet on the back so people could stick it on the fridge. The reality is people make many trips to the fridge in the run of a day, so that would get the gym top of mind for people. As well, there is an important link between one's diet, the amount of exercise they

do and their overall health, so a grocery list pad is actually quite clever and an appropriate promotional product for a gym.

Almost anything can be used for a promotional product — not just hats, key chains and pens. "You name it, we can get it," MacMichael says.



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Minuteman Press has won the Consumer Choice Award four straight years in the Halifax area in the photocopying, printing and digital services category. The company also has an A-plus rating with the Better Business Bureau.

## CONSUMERS CHOOSE MINUTEMAN

Minuteman Press is more than just a print and copy shop. Of course, it can handle all of the traditional jobs, such as flyers, brochures, menus, calendars, wedding invitations, business cards and letterhead. But it can do so much more.

Minuteman Press makes signage for any type of business, as well as vehicle graphics and promotional products. This makes it a one-stop shop and helps clients focus on what is most important to them — running their business.

"We try to make it as easy as possible for the client to do business with us," says Mike Maheux Sr., Minuteman Press' owner.

Vehicle graphics are an affordable marketing option for business owners. Not only is the cost of getting the service done reasonable, but

the highly visible graphic will draw attention and be seen wherever your travels take you. Vehicle graphics can be as simple or as elaborate as you want and can be quite creative.

Promotional products can also be very clever. More than just pens and key chains, Minuteman Press comes up with promotional products that are relevant to a business and its connection with the customer.

With locations in Bayers Lake, Burnside and Cole Harbour, Minuteman Press is conveniently located, regardless on which side of the harbour you are. To top it off, the company offers free delivery to anywhere in Metro.

Minuteman Press also invests in the latest technology, which ensures clients receive a top-quality product with rapid turnaround. In fact, next-day turnaround is a hallmark of Minuteman Press' operations.

It's no wonder Minuteman Press has been honoured with the consumer choice award four years running in the Halifax area in the photocopying, printing and digital services category. The company also has an A-plus rating with the Better Business Bureau.



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# DIRECT TO YOUR AUDIENCE

Business owners want to spend their marketing dollars wisely. One form of marketing that allows for pinpoint targeting while being cost-effective is direct mail printing.

Direct mail printing involves having documents such as brochures, menus, flyers or rack cards sent to targeted areas.

Minuteman Press has a partnership with Canada Post, which allows for direct mail campaigns to target specific postal codes.

This means if a business owner wants to target customers in something as broad as a neighbourhood or as precise as a single street, this can easily be done.

Lynn MacMichael, an account executive with Minuteman Press, says one of the advantages of direct mail is the interaction people have with the product.

It's also an opportunity to get a company's message out there and show off its branding.

Because direct mail is delivered to people's homes, people do see it and if the campaign resonates, people will hold on to the documentation and act on it, MacMichael says.

With in-house graphic designers, Minuteman Press can take an idea from conception to completion, allowing for a one-stop marketing experience, while creating a campaign that will capture people's attention.



Nigel Smith displays some the Minuteman Press direct mail campaign examples.

## Make an impression around town

Vehicle graphics may not be top of mind for a business owner's advertising strategy, but it delivers great bang for the buck.

"Everybody reads them," says Lynn MacMichael, an account executive with Minuteman Press. "Six hundred impressions a day is what you get from your vehicle."

Vehicle graphics offer excellent reach because the vehicle just needs to be driven around, which is something most business professionals do.

Vehicle graphics can also be very creative. Years ago, Minuteman Press did one for a plumbing company's vehicle that consisted of a graphic of somebody sitting on a toilet on both the driver's and passenger sides. For anybody who saw this vehicle, they would see the graphic of an individual on the toilet and the graphic was completed with the head of whoever was in the vehicle.

"It was fabulous," MacMichael says. "We can come up with ideas like that."

With in-house graphic designers, Minuteman Press has the creative personnel needed to create catchy vehicle graphics.

There are basically two options for vehicle graphics, the first of which involves using vinyl graphics. This approach involves using die-cut lettering or logos when somebody would like to display information such as a logo, text or a website address. Depending on the



Let your vehicle be a billboard for your company with the use of vehicle graphics.

size of a vehicle, this could cost as little as \$250.

The second vehicle graphics option is a more elaborate wrap, which either covers half a vehicle or all of it. Vehicle wraps are a great opportunity to be creative, as evidenced by the plumb-

ing example. This option is also quite affordable, with a half-wrap going for as little as \$1,000 and a full wrap going for as little as \$2,500, depending on vehicle size.

"A lot of people expect it to be expensive, but it's not," MacMichael says.

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# SCENE 2

## Sam Smith's courageous songs have helped cure his loneliness

**Music.** Breakthrough artist bares his soul in deep, honest lyrics that he believes resonate with his fans

If you go to a Sam Smith concert, you'll probably hear his stories of unrequited love and how he's never been in a relationship.

But he says that void has been slowly filled — partly thanks to meeting men and going on dates — but mainly because of his devoted fans, who have helped him top the charts with his album, push out millions of singles and sell out stadiums like Madison Square Garden.

"I'm going on dates, here and there, meeting people," Smith said in a recent interview. "I'm not lonely anymore because of that, but obviously I would like someone next to me while I sleep."

"But I'm working on that," he added with a laugh.

Smith is the year's breakthrough act, thanks to his booming, soulful voice, playful demeanour and deep, honest lyrics that help break up the monotonous,

### Quoted

**"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."**

Sam Smith, singer/songwriter



Sam Smith has sold millions of copies of his soulful songs. THE ASSOCIATED PRESS

dance-heavy sound on pop radio.

In the *Lonely Hour*, his debut album released in June, has sold close to 773,000 copies. His single *Stay With Me* peaked at No. 2 on the Billboard Hot 100 chart and sold more than

three million tracks. And other songs have built on his buzz, from another Top-10 hit and multi-platinum success, *Latch*, with Disclosure, to the upbeat *La La La*, with Naughty Boy, to Smith's newest single, *I'm Not the Only One*, which

jumped to No. 11.

The 22-year-old has several big-name fans, from Beyoncé to Mary J. Blige, with whom he's recorded. And he's been getting calls to collaborate with others.

"I remember being ecstatic for having 200 Face-

book likes. ... Now, I take that completely for granted, now that I have like a million. But I'm now thinking, 'I really would like two million.'"

The *Lonely Hour* features lyrics that are brave and straightforward — Smith tells one man to leave his lover for him on one song, and on another he's open about being in love with someone who doesn't feel the same.

"When I'm speaking about my insecurities ... that's when my music is the best. And that doesn't happen every day, so this writing process was quite dramatic, and because I was trying to get these songs that were honest and brutal and real," said Smith, who co-wrote each song. "I'm not a naturally sad person, so I was writing for a year and I wasn't sad every single day for a year, so that was tough."

He believes his fans are resonating with his honesty. "The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Smith said fans have told him intense stories about connecting to his music. He's also a voice for young gay men and women who look up to him.

"It's so, so deeply important to me to be a spokesperson ... but not just for gay people — for straight people, for lesbians, transsexuals, anyone in the world. I want my music to relate to absolutely everyone."

THE ASSOCIATED PRESS

### TODAY'S TIP

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# Cherubic child star now an unabashed sex symbol

**Q&A.** Nick Jonas explains his decision to remake his image in preparation for the release of new album

And to think that, back in the early Noughties, Nick Jonas and his band of brothers were wearing purity rings and pledging sexual abstinence ... The cherubic days of Disney Channel fame are long gone for Jonas. The 22-year-old singer is now an unabashed sex symbol who's bagged a gorgeous girlfriend in Olivia Culpo, *Miss Universe* 2012. Since the pop-rock Jonas Brothers parted ways in 2013, Jonas has been resculpting his image as a shirtless hunk on the run-up to the release of his self-titled debut album.

**You've redone Mark Wahlberg's 1992 Marky Mark photo shoot. What motivated you to do that?**

I think just for fun, and to show another side of myself. I wanted to have a fun time with these photos — enjoy it.

**How did your fans react?**

It was fun to see the reaction of some of them, who were frankly very surprised. Others were quite receptive (to) it, which is good. But with these pictures I just wanted to show that I'm very comfortable with my situation and what I will accomplish in the future.

**What would you say about your album to someone who's never heard the Jonas Brothers?**



Nick Jonas hopes his new music will resonate with more than just fans of the Jonas Brothers. GETTY IMAGES

My music is made so people my age can relate to what is happening to them and make a connection. Just for that, I think they'll like it.

**What did you do to make your transition from child to adult star a smooth one?**

I've been very pleased with everything that has happened to me in the last 10 years, but I think the key to this is to surround yourself with good and proper people, and also motivate yourself to succeed. I also focused a lot on my goals, but if I had to go back in time I would tell

## Quoted

**"My music is made so people my age can relate to what is happening ... and make a connection."**

Nick Jonas, singer, on his new self-titled album

the 15-year-old Nick to enjoy the present more. Life moves pretty fast.

**Diabetes has also been in your life. How do you overcome these obstacles?**

I have always considered myself a person who can overcome adversity — I don't let things scare me. I just

think about enjoying what I have and live to the fullest.

**What do you do when you're not on tour?**

I liked to play golf and enjoy it with my loved ones. I love being with my family, with my girlfriend and my friends. That's what I miss most.

METRO WORLD NEWS IN NEW YORK

## Movies. Aniston's dentist role gets even raunchier



Jennifer Aniston ramps up the raunch in *Horrible Bosses 2*. THE ASSOCIATED PRESS

Jennifer Aniston said she pushed her sex-crazed dentist character as far as she could in *Horrible Bosses 2*.

The followup to the 2011 hit opens Nov. 24. It stars Jason Bateman, Jason Sudeikis and Charlie Day.

The actors improvised a lot during filming, Aniston said in a recent interview, until it became a gross-out contest between the stars.

"This one went into a territory that I think just wasn't even funny," she said. "I

couldn't even make it dirty funny. It was just bad dirty."

When it came to creating her character, Aniston said she told the filmmakers: "Just go as far as you can until someone actually gets sick from it."

She feels there's more to do be done with Dr. Julia Harris. "She's hardly tapped out. We all were a bit sad when this movie came to an end because I, for one, felt it was too soon to end Julia's party."

THE ASSOCIATED PRESS

## Music. New Band Aid single helps Ebola fight

Bob Geldof, One Direction, Bono and about 30 other stars gathered in a studio in London on Saturday to record a 30th-anniversary version of the Band Aid charity single, to raise money to fight Ebola.

The single aired last night for the first time in Britain and has been released today for digital download.

Geldof said he had been spurred into action not out of nostalgia, but by a call from the United Nations, concerned about not having the necessary funds to



Liam Payne of One Direction is one of 30 artists participating. AFP

combat the epidemic in west Africa. The virus has claimed more than 5,000 lives.

AFP

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Usher's latest track has a touch of honey sweetness



STARGAZING  
Malene Arpe  
scene@metronews.ca

A new track by Usher is available only in boxes of Honey Nut Cheerios sold at Walmart. It's all part of a new trend of making it as difficult as humanly possible to obtain a song by your favourite artist. Check inside select packages of Radio Shack men's socks for fresh Coldplay tunes.

Andy Dick is arrested for stealing some random guy's necklace and then making



his getaway on a bicycle. Too bad for you, Justin Bieber. Whatever stupid criminal thing you'll think up next, it will still be smarter than that.

Mick Hucknall of Simply Red says it's "probably" true that he slept with more than 1,000 women back when he was a big deal. In unrelated news, more than

1,000 women all over the world unconsciously made a yuck face.

Josh Hutcherson says he's "curious" how human flesh tastes, "like you want to know what a pigeon tastes like, you know." "I know no such thing," said his Hunger Games co-star Donald "Squab" Sutherland.

Chad Kroeger says that we should all just stop speculating about the condition of his and Avril Lavigne's marriage. So, it's totally over, then? Got it.

Jennifer Lawrence calls co-stars Josh Hutcherson and Liam Hemsworth "my angels" and "my kittens." "Well," she continues, "I really don't care for Josh, but it's best to say nice, soothing things whenever he looks hungry."



Kelly and Ozzy Osbourne ALL PHOTOS: GETTY IMAGES

## Osbournes are making a comeback, but will they break the Internet?

The Osbournes may be coming back to TV nearly 10 years after going off the air, and in proper fashion — since they're older and all — they'll be jumping from MTV to VH1, according to the Hollywood Reporter. Of course, the reality TV landscape was

a lot different a decade ago, and I'm just worried Ozzy, Sharon, Kelly and Jack are not prepared to do what it takes to stand out these days. Like have they decided which one will get oiled up and try to break the Internet? Please say it's not Ozzy.

## Bynes burns bridges with Paris Hilton

First her parents, now Paris Hilton — Amanda Bynes appears to be fighting left and right. The troubled former Nickelodeon star reportedly had a run-in with Hilton and pal Brandon Davis at an L.A. nightclub recently, according to Page Six. "Amanda tried to sit at Paris and Brandon's table, and they were not happy about it," a source says. "There was a scene, and words were exchanged before they kicked her out of their area." Oh, words were exchanged? My, I do hope no pearls were clutched as well.



Amanda Bynes

## Twitter



@katyperry

Remember a time when we didn't have cell phones but had personal space? Now if you don't reply or aren't constantly avail people take it personally. Wish there was a global cell sabbath every week so we could all breathe again...



@KellyOsbourne

I have no words to express how much a spider bite to the face hurts! Plus a large injection in my jaw... today sucked balls!



@BetteMidler

For every article you read about Robert Pattinson's new haircut, you should be required to read at least two about war crimes in Syria.

## Taylor's making Swift moves on Chris Martin



Taylor Swift

All of the year's gossip stories appear to be converging — and just in time for the holidays! Think of it as the Celebrity Singularity. The latest evidence? This Star magazine story that Taylor Swift — despite recent protestations that she's done dating for a while — has set her sights on Coldplay frontman and Gwyneth Paltrow ex Chris Martin, despite his on-again, off-again relationship with Jennifer Lawrence. Deep breaths, everybody. "Taylor would love to make Chris her new boyfriend," a source tells the magazine. "She's taking advantage of how Jen's and Chris' busy schedules are keeping them apart. She can sense that their relationship is on shaky ground, so she's moving in — fast." All we need is a tag-team response from Blake Lively and Martha Stewart, and we're set. In all seriousness, though, can someone explain to me why Chris Martin is suddenly the hottest thing in Hollywood since sliced Clooney? I'm mystified.

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# Make a list and check it twice to stick to your holiday budget

**Christmas shopping.** Sit down and draw up a plan to avoid those impulse purchases that will bust the bank



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

As we round the corner into December, holiday shopping is ramping up and we're all under the gun to balance a challenging year with a cheerful holiday season.

Did you learn your lesson last year and decide to set aside some money every month so you wouldn't end up putting your holiday on credit? Did you plan ahead, particularly for big purchases, and take advantage of the stuff that went on sale well ahead of the Christmas rush? Good for you.

Don't want to blow your brains out on gift-giving this holiday season? Pretend you are Santa: make a list and check it twice. Who doesn't need to be on there? To whom can you give a token gift to commemorate the season? How much are you going to spend on each person?

Even if you're just running out for eggnog or wrapping paper, without a list you'll fall victim to a whole bunch of "Jeez, I forgot I also need ..." and bring back a receipt you'll kick yourself for later. Making a list also helps you plan how you'll use those coupons you've got stashed in your wal-



Before heading out, examine why you are buying gifts for certain people on your list. ISTOCK

let.

Before tossing anything into your shopping cart, ask yourself why you are buying it. Are you just fulfilling your duty to give a gift? Are you showing off? Are you trying to keep up? Or are you giving something you can afford that your friend, sister, son or partner will truly enjoy receiving? If they really love you, your mom, brother or BFF aren't going to be happier that you put yourself in financial stress instead of giving them something that might be slightly less and within your means. If they are judging you on your pressie, then they don't really love you and you shouldn't be buying them anything.

Don't self-gift while you're shopping. The one-for-me-one-for-you approach to holiday

## Quoted

**"Resist the urge to open up all those store credit cards you'll be offered."**

shopping is just an excuse to be self-indulgent. More than three-quarters of us buy something for ourselves while shopping for others.

If you see something you want to add to your list, do so, but make sure you wait at least 48 hours before you buy it. Impulse shopping is at its peak during the Holiday Rush and it can be a budget killer.

Go home, check online for where else the item may be on sale, and make sure you're making a thoughtful decision.

Resist the urge to open up all those store credit cards you'll be offered. It's tempting

to get that 10 per cent off your purchase for the day, I know, but think for a minute: stores must be making a lot of money on interest and late fees in order to offer you that special deal. And if you're the sucker who ends up carrying a balance, you'll spend far more in interest than you saved on purchases. And, yes, opening and closing store cards can mess with your credit score.

Skip the extended warranties. Most are a huge rip-off, so if you're even considering it, calculate the cost as a percentage of the item you are buying. Remember, manufacturers'

warranties protect you, usually for up to a year, against any defect. And if you shop with the right credit card, your warranty can be extended to up to two years. Of the dozens and dozens of extended warranties I've been offered in my shopping life, there's only one that I would have made money on!

If you're a smart coupon shopper, you probably check online to see if there are any new offers before you hit the malls. But have you ever thought about setting up a "sale mail" email account when stores ask you for your email so you can get the coupons, but not be inundated with junk in your regular email?

As you grab your keys, grab a sandwich and a drink, too. If you're going to be out shopping for a while, pack a healthy snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self-control) can work properly.

If you can't find the perfect gift for someone on your list, consider a gift of cash. While gift cards may be more "holiday friendly," I only choose gift cards over cash when I want to be sure the body buys something I intended, as oppose to just incorporating the money into the cash flow for household bills. Yes, there are still selfless people who don't want to spend a cent on themselves.

The very best gifts don't cost a penny. Offer up your time babysitting, cooking meals, house cleaning, massaging, sewing, knitting, transporting, or whatever else you're good at.

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**Money 101.** Two couples, one year to make them richer

# Overcoming financial obstacles



For 11 months, I have coached two Canadian couples to overcome their money fears. The result of taking control of their respective financial futures has been a collective net worth improvement of more than \$75,000. As we march towards the end of the year, we will lay out a five-year plan that will help each couple achieve their long-term financial goals. But first, we will examine obstacles that each couple faces in making their long-term plan a reality. – *Lesley-Anne Scorgie*



Anne-Marie and Peter will have to decide whether to buy a first home or have a second child. SHUTTERSTOCK

## Anne-Marie and Peter

There are three major obstacles Anne-Marie and Peter face in making their long-term financial plans of owning a home and building up retirement savings:

- Peter's low income
- The high costs of child care
- The second child versus first home dilemma

Over the past year, Peter has been wrestling with the financial realities of having a career he loves in sports editing that pays much lower than a similar role in a large corporation.

His excellent work ethic and performance have helped him advance in title and work quality, but not in salary. After much lobbying by Peter and great deliberation by his employer, he secured a raise last month, equating to a 20 per cent salary increase.

Despite this excellent news, Peter still remains underpaid for his work relative to the market. So he will continue to monitor his options in 2015.

The second obstacle is how best to afford child care when Anne-Marie returns to work in the spring. The current quotes range from \$1,750 to \$2,000 per month until their daughter is 18 months old, at which point the child care fees drop approximately 30 per cent.

### Anne-Marie and Peter recap

• Location: Toronto	savings, and are committed to paying off debt
• Ages: 37 and 33	• Rent or own: Rent
• Occupations: Broadcasting and sports editing	• Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
• Total household income: \$120,000	• Current net worth: \$110,000
• Life stage: First child arrived in May	• Homework from last month: Prepare a high-level five-year budget
• Financial savvy: Medium to high — they use budgets, have retirement	

Though the couple became familiar with these costs when they were planning their first child, they are still concerned about the impact these costs will have to their budget and overall lifestyle. They may have to consider serious cuts to their social spending, which is \$400 per month.

The third and most significant obstacle is the dilemma of having a second child versus buying their first home. They have tremendous anxiety around affording both, yet many families have gone this route before them and managed with much less.

The facts are that rais-

ing a family isn't cheap and neither is buying a home in Toronto. To have both will require a complete elimination of consumer debt (of which the couple is nearly there), a reduction in social and travel spending, and, most certainly, a higher-paying job for Peter.

### Homework

For our last month together, Anne-Marie and Peter will work through a detailed 2015 budget that incorporates child care costs and prioritizes their down payment savings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina is hoping to go back to work part time when her youngest daughter is old enough for preschool. SHUTTERSTOCK

## Carolina and Jose

Last month Carolina and Jose finally crossed the threshold into positive net worth. And the cherry on top of this good news was Jose's positive performance review, which landed him a five per cent raise to his annual income.

There is one primary obstacle the couple faces when working towards their long-term financial goals of starting a retirement savings program, eliminating their debt and contributing to RESPs for their three daughters — low household income.

Carolina and Jose recognize that just getting by with their current income is far from desirable.

Though they live an exceptionally frugal life, raising three children and paying a mortgage leaves little for other important financial priorities like saving for retirement, reducing their student loans, and paying for their term-life insurance policy.

Jose's recent raise will certainly help their monthly cash flow, but it doesn't fundamentally change their ability to make serious progress on their savings.

What would make a huge difference to their monthly cash flow is if Carolina went back to work part time in 15

### Carolina and Jose recap

• Location: Calgary	a budget, purchased a home, are frugal, and have no retirement savings
• Ages: 33 and 32	• Rent or own: Own
• Occupations: Stay-at-home mom and roofing	• Top goals for 2014: Pay off debt, buy a house, and visit family
• Total household income: \$65,000	• Current net worth: \$1,000
• Life stage: Three daughters, aged five, three and one	• Homework from last month: Building a five-year budget around their five-year goals
• Financial savvy: Medium — they have established	

months, when their youngest daughter is old enough for junior preschool.

They have worked out the math and if Carolina could net \$1,000 per month after taxes, that would enable the couple to eliminate their remaining student debt in two years, kick-start RESPs for their daughters, while being able to contribute a few hundred dollars each month into their RRSPs.

When combined with Jose's ambitious plans to continue climbing the corporate ladder as a safety co-ordinator, they may eventually be able to afford a larger home

for their growing family and higher quality activities and training for their children.

The changes Carolina and Jose envision for their income won't happen overnight, so they will slowly chip away at these major goals, one dollar at a time.

### Homework

For this month, Carolina and Jose's homework is to begin contributing \$25 per month to their RRSPs and finalize the details of their will and term-life insurance policy.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.



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# Let it shine for greater success at your desk

**Add dazzle to your day.** Study sheds light on the benefits of an illuminated existence

A study from Northwestern Medicine and the University of Illinois at Urbana-Champaign indicates that all-day exposure to natural light leads to better and longer sleep at night, increased physical activity, quality of life and efficiency at work.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," says senior study author Dr. Phyllis Zee, a Northwestern Medicine neurologist and sleep specialist.

The study focused on office workers. Windows in a workplace could result in 173 per cent more white light exposure during the day and an average



of 46 minutes more sleep at night, researchers concluded.

They also noted that workers with more light exposure tended to be more physically active than their counterparts.

In the study, researchers surveyed 49 day-shift office workers, of whom 27 worked

in windowless offices and 22 had windows in their offices.

The workers self-reported their quality of life and overall health, but the researchers assessed their sleep using the Pittsburgh Sleep Quality Index (PSQI).

A subset of 21 participants was surveyed for light exposure, activity and sleep by means of actigraphy.

Of these, 10 worked in windowless environments and 11 in spaces with windows.

The researchers measured additional physiological data using a wearable scientific device that could detect motion and levels of light.

"Light is the most important synchronizing agent for the brain and body," says Ivy Cheung, co-lead author and Ph.D. candidate in neuroscience in Zee's lab at Northwestern.

"Proper synchronization of your internal biological rhythms with the Earth's daily rotation has been shown to be essential for health."

AFP



Feeling a little achoo-stricized? Let them know your sniffling symptoms are end-of-a-cold in nature and that you will do your best to keep your coughs contained. iSTOCK

## They're giving me the cold shoulder



OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

Dear Metro,

**I'm recovering from a bad cold, and while I feel healthy enough to return to work, I still have a lingering cough and runny nose. I can tell some of my co-workers are grossed out and/or scared of catching something from me. I don't want to fall further behind at my job — but I also don't want to ick people out. What can I do?**

— Pass Me a Kleenex

Dear PMAK,

I'm no doctor, but it sounds like your colleagues might be coming down with a case of Acute Prissy Fear-of-Phlegmitis. It's November. The days are short. Our immune systems are under siege. There are airborne viruses everywhere. Getting sick is just one of the hazards of going to work — or out in the world at large.

Still, be courteous about your mucus. Frequent hand-washing, prompt nose-blowing, and into-your-sleeve sneezing are all chivalries your office snot snobs will appreciate. If your cough is aggressively fitful, hack it out in the bathroom rather than the break room. You can also remove yourself — and your stuffed-up sinuses — from the germaphobic stares of others. On particularly drippy mornings, try working from home or in a more isolated part of your company's space.

And unless you've just Purrelled, put yourself on hiatus from handshakes, high fives, and all other forms of professional affection.

Dear Metro,

**I get to work at 9 a.m. each morning, and I want to leave on time at 5 p.m. But all my co-workers linger at their desks until about 5:30. I don't have any reason to stay late, but I'm concerned it will look bad if I ditch first every day. How can I get out of there without seeming like a slacker?**

— Workin' 9 to not-5:30

Dear W9TN530,

Are you a slacker? If you're arriving at on-the-dot 9 and completing your tasks on time, there's no obligation to futz in your seat for the sake of appearances. But if your hasty departure reflects a half-baked work ethic, you may want to align your schedule to that of your colleagues.

The real issue isn't what time you leave, but what you make of the time you spend there. Your office may have a culture of late-stayers, but there's no legal basis for unpaid overtime. Rather than concerning yourself with seeming like a slacker, concern yourself with becoming a reliable employee who consistently performs high-quality work. Then no one will care if you loiter until 6 or occasionally sneak out at 4.

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# It's a little bit pasta, a little bit soup and a whole lot of warmth

**Soup Week.** We've got you covered for creative slurping ideas, starting with Meatball and Small Shell Pasta Soup



**ROSE REISMAN**  
For more, visit  
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A mini meatball and shell pasta soup is a sure winner for the entire family.

It's a complete one-dish lunch or dinner consisting of meat, vegetables and pasta. With this hearty soup, you have a nutritious and well-balanced meal with protein, vegetables and grains.

You can substitute ground chicken or turkey for the beef but increase the bread crumbs to four tablespoons. For extra fibre, use whole wheat pasta.

Once the soup is made, you'll notice that the pasta swells and there may not be enough soup. Just add another cup of stock when reheating.

By leaving out the pasta, you can make the soup up to two days in advance. When reheating just add the pasta and more stock if necessary.

## Directions

**1.** Preheat the oven to 425 F. Line a baking sheet with foil



**COOKING  
TIME  
ABOUT 30  
MINUTES**

This recipe serves six. ROSE REISMAN

sprayed with vegetable oil.

**2.** Meatballs: Combine ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2

tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Place on baking sheet and cook for 10 minutes,

turning after 6 minutes.

**3.** Soup: While meatballs are cooking, lightly coat a large nonstick pot with cooking

spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in green pepper

and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and meatballs. Bring to boil, then reduce heat to low and simmer, covered, 10 minutes.

**4.** Stir in the pasta and allow to simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish it with Parmesan cheese.

## Ingredients

### Meatballs

- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

### Soup

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup finely chopped carrots
- 4 cups low-sodium beef (or chicken) stock
- 1 3/4 cups homemade or store-bought tomato sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1/3 cup small shell pasta
- 1/4 cup grated Parmesan cheese



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# At home in Halifax and beyond arc: Ando

**NBL Canada.** Japanese point guard proving to be a three-point threat with Rainmen



**KRISTEN LIPSCOMBE**  
kristen.lipscombe@metronews.ca

Seiya Ando may be an exceptionally long way from home, but he sure looked right at home on the Scotiabank Centre court Sunday.

The six-foot, 180-pound point guard from Tokyo sank four shots from beyond the arc, putting 12 points on the scoreboard for the Halifax Rainmen, despite a disappointing 110-95 loss to the Saint John



**Seiya Ando**  
CONTRIBUTED

Mill Rats.

The National Basketball League of Canada's lone Japanese player moved with swift feet and focus in his eyes, no culture shock present in his game. Ando, 22, is a recruit from Meiji University, where he averaged 21.2 points, 6.1 assists and 6.4 rebounds per game. He played in a Los Angeles pro league over the summer.

"Good people, good city," Ando said of his new digs, in broken English but with an unwavering grin. "I like Halifax."

Ando also likes his new teammates, including power forward Emmanuel Jones, who added 18 points and five rebounds, and Chris Cayole, who



Justin Tubbs of the Halifax Rainmen tries to get around Naofall Folahan of the Saint John Mill Rats during NBL Canada action at the Scotiabank Centre on Sunday. The Mill Rats won 110-95. JEFF HARPER/METRO

put up seven rebounds and six points in his first game wearing a Rainmen jersey.

"I got three points because my ... teammates tried and I was wide open," Ando said after the game.

But Halifax started off slowly Sunday afternoon, with Saint John finishing the first half with a 49-39 lead. The Mill Rats increased that to 80-56 heading into the fourth quarter, much to the chagrin of a loudly unimpressed crowd of 1,573 Rainmen supporters.

Head coach Pep Claros demanded "more hard play" from his team in the second half, Ando said, adding his team stepped up both offen-

## Quoted

**"He shot better than 40 per cent in college and he was tough and possesses a high IQ for the game."**

Rainmen owner and president Andre Livingston on rookie Seiya Ando

sively and defensively after the heated halftime conversation. "(It) was better than the first half."

For the Mill Rats, Kenny Jones contributed 25 points, Anthony Anderson added 23 of his own and Tyrone Levett had eight rebounds in what was the first meeting of the season for

the two Maritime teams.

The Rainmen are now 2-2 on the season, having defeated the Prince Edward Island Storm 101-83 in their home opener, and split two games against the Moncton Miracles.

Ando was 3-for-6 on three-pointers, putting up 15 points total, in Halifax's 130-122 win over Moncton on Thursday night. Interviews in a foreign language may be a struggle for Ando at the moment, but it's clear he's a natural when it comes to handling the ball.

Ando also enjoys the "thinking" aspect of the game, including strategy he's learning from his new coaches in Halifax. "(It's a) good experience."

## AUS men's hockey

### Huskies, Tigers go 2-for-2

Both of Halifax's varsity men's hockey teams skated away with two straight wins over the weekend.

The Dalhousie Tigers shut out the St. Thomas Tommies 3-0 on Friday and then edged the UPEI Panthers in overtime Saturday, with both wins at the Halifax Forum.

Fabian Walsh had a power-play marker in the first, Kendall MacInnis added one in the third and JP Harvey notched the empty-netter Friday.

Walsh also notched the game-winner Saturday, with Colton Parsons, Andrew Wigginton and Luke Madill scoring in regulation.

The Saint Mary's Huskies edged the UNB Varsity Reds 4-3 on Friday and the Moncton Aigles Bleus with the same score in overtime Saturday.

Stephen Johnson, Ben Duffy, Bradley Green and Steven Trojanovic scored Friday.

Mitchell Maynard scored the game-winner Saturday, with Michael Curtis, Matt Tipoff and Steven Beyers all scoring in regulation. **METRO**

## NHL

### Sharks rookie blanks Hurricanes

San Jose rookie goalkeeper Troy Grosenick stopped everything the Carolina Hurricanes threw at him in a 2-0 win on Sunday.

Grosenick, making his NHL debut, made 45 stops to earn his first win. It was San Jose's third shutout of the season and the first since winning back-to-back shutouts to start the season.

**THE ASSOCIATED PRESS**

# Herd, Eagles split weekend's Battle of N.S.



Samuel Leblanc scored a short-handed goal in Halifax's 3-2 win on Friday. JEFF HARPER/METRO

The Halifax Mooseheads had a mixed bag of results over the weekend.

They split a home-and-home series with the Cape Breton Screaming Eagles, skating to a 3-2 win Friday night at the Scotiabank Centre and being sent home with a loss of the same score Saturday night at Centre 200 in Sydney.

Despite falling to their Battle of Nova Scotia rivals in Game 2, blue-liners stepped up Saturday, with rookie Morgan Nauss and third-year player Matt Murphy both cracking

the scoreboard for the Herd in front of 2,878 Screaming Eagles fans.

Nauss kicked it off on a power play early in the second, knocking in a rebound. The Eagles added two goals of their own in the middle frame, from Jacob Smith and Loik Leveille. Maxim Lasarev capped it off in the third.

Murphy's unassisted marker from the point came late in the final frame. Rookie Kevin Resop stepped into the crease for Halifax making 19 saves.

Second-year centremen

## Day-to-day injuries

Cole Harbour native Brett Crossley left Friday's game with an upper-body injury, while captain Ryan Falkenham of Halifax left Saturday's game with a lower-body injury.

Samuel Leblanc received first star of the game recognition after Friday's win in front of 8,109 ecstatic Halifax fans.

After all, it's not too often

he gets to score while killing a penalty, let alone the most highlight-worthy goal of the game. The 19-year-old from Moncton parked himself just to the side of the crease while Nikolaj Ehlers faked a shot and passed the puck to Leblanc, who one-timed it for the short-handed marker.

"I love playing on the PK, so to get a PK goal is pretty special," Leblanc said after the game. "But the main thing is to kill the penalty—that's just the bonus, to get that goal."

**KRISTEN LIPSCOMBE/METRO**





Alouettes linebacker Bear Woods tackles Lions running back Stefan Logan during the CFL East Division semifinal on Sunday in Montreal.  
PAUL CHIASSON/THE CANADIAN PRESS

# Alouettes wipe out crossover foe

**CFL playoffs.** Lions left licking their wounds after getting whipped in East Division semifinal

Montreal Alouettes coach Tom Higgins said this week he was waiting for his offence to explode, and they picked a playoff game to do it.

With third-string running back Brandon Rutley leading the way with 95 yards on 15 carries, the Alouettes piled up 215 rushing yards in a 50-17 trouncing of the B.C. Lions in the CFL East Division semifinal on Sunday afternoon.

"It's a great feeling to be doing this and be in this position," said Rutley, who stepped into the lineup when Tyrell Sutton hurt an ankle in the final regular-season game, a 29-15 loss at Hamilton. "We have so much talent and, when it comes together like this, it's magic out there."

The victory bought Montreal a return ticket to Hamilton to face the Tiger-Cats in the East final next Sunday.

They hope to stay on the

**West semifinal**

## Eskis end Riders reign as champs

Kendall Lawrence had an 84-yard punt return touchdown and the Eskimos defence recorded five interceptions as Edmonton beat the Saskatchewan Roughriders 18-10 in the CFL's West semifinal on Sunday.

The loss ended any hopes the Roughriders had of defending their Grey Cup championship from last year. The Eskimos meet theStampeders in the West final next Sunday. **THE CANADIAN PRESS**



Kendall Lawrence scored a punt-return touchdown in the Eskimos' playoff win over the Riders on Sunday in Edmonton. GETTY IMAGES

roll that started in mid-season, when they bounced back from a 1-7 start to win nine of their next 11 games.

Jonathan Crompton completed 14 of 21 passes for only 155 yards, but they included touchdown tosses to S.J. Green and Duran Carter. The Alouettes tied a team record for rushing TDs in a playoff game

with four, as backup quarterback Tanner Marsh ran in twice and Rutley and Chris Rainey each scored one.

Defensive back Jerald Brown also scored on a team-record 103-yard fumble return.

B.C. ended its season with only two wins in its last eight games. Including one-sided losses to Edmonton and Cal-

gary to end the regular season, the Lions were outscored 120-36 in their final three games.

The Lions finished fourth in the West but crossed over because they had a better record than the East's third-place team, the Toronto Argonauts. Montreal is 4-0 all-time against crossover opponents, with three of those wins against the Lions.

B.C. starting quarterback Kevin Glenn went 6-for-18 for only 64 yards with two interceptions before Travis Partridge took over in the third quarter. Star QB Travis Lulay, who missed 20 of the last 21 games, dressed but was not deemed fit enough to get into the game.

"There's no way to explain it," said B.C. coach Mike Benevides, whose team trailed 50-3 before Partridge threw late TD passes to Shawn Gore and Ernest Jackson, mostly against Montreal's second-string defenders.

"The third quarter was disastrous. At halftime, it was a 12-point game. They executed at a high level. They made plays and we didn't make any."

**THE CANADIAN PRESS**

## NFL. Manning takes loss to Rams on his shoulders

Peyton Manning didn't want to blame injuries for the Denver Broncos' 22-7 loss to the St. Louis Rams on Sunday.

Despite throwing for 389 yards, Manning blamed himself for all of the drives that fizzled out.

"You feel like you've let your team down," Manning said. "I didn't feel like I carried my weight today. That's pretty plain and simple."

The Broncos (7-3) entered the day second in the NFL in scoring with a 31.8-point average. **THE ASSOCIATED PRESS**



Peyton Manning and the Broncos were 4 for 12 on third down and failed twice on critical fourth downs. GETTY IMAGES

**Tennis**

## Federer pulls out of ATP Finals

In a potential blow to Switzerland's Davis Cup ambitions, Roger Federer pulled out of the ATP Finals less than one hour before his title match against Novak Djokovic on Sunday, handing a third straight title at the year-end event to the top-ranked Serb.

**THE ASSOCIATED PRESS**

**NBA**

## Knicks knuckle down to end losing streak

One strong defensive quarter helped the New York Knicks end a seven-game skid. New York held Denver to just one basket in the second quarter en route to a 109-93 victory over the Nuggets on Sunday.

**THE ASSOCIATED PRESS**

## Hockey. Howe 'not doing well at all,' son says

Gordie Howe is "not doing well at all" several weeks after suffering a stroke, according to his son Mark.

The Hall of Famer known as "Mr. Hockey" had initially been improving better than expected, but that changed recently.

"His health has taken a turn for the worse this past week to 10 days and we are doing what we can to help

his situation the best that we can," Mark told The Canadian Press. "But he is not doing well at all is the bottom line."

Gordie Howe, 86, had a stroke Oct. 26 while visiting his daughter in Lubbock, Texas. His family released a statement Nov. 4 saying the hockey legend was "recovering at a remarkable rate."

**THE CANADIAN PRESS**

Weeknights at 6 Kat counts down the HOTTEST songs of the day

**TOP SIX @ 6**

- 6 Sam Smith I'm Not The Only One
- 5 Ariana Grande ft The Weeknd Love Me Harder
- 4 Taylor Swift Blank Space
- 3 Nick Jonas Jealous
- 2 Jeremih ft YG Don't Tell 'em
- 1 Tove Lo Habits (Stay High)

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# Chiefs' D holds Seahawks, Lynch and all

**Rare clinch.** Former division rivals meet up, Charles leads Kansas City to fifth straight win

The old offensive line coach in Andy Reid could appreciate the way the Kansas City Chiefs pried open holes for Jamaal Charles to run free against Seattle on Sunday.

He could appreciate the way their defensive front stepped up, too.

Given a lead thanks largely to the legs of their dazzling running back, the Chiefs held the Seahawks on fourth down three times in the final quarter. The result was a tense 24-

20 victory that pushed Kansas City into a first-place tie with the Denver Broncos in the AFC West.

"We're sitting there with three fourth-down plays late in the game," Reid said, "and they stepped up and did a phenomenal job there getting off the field."

As for Charles, who finished with 159 yards and two touchdowns?

"He's Jamaal Charles," Reid said. "He's a special player."

Russell Wilson threw for 178 yards and two TDs for the Seahawks, and Marshawn Lynch had 124 yards rushing.

But Lynch, fresh off a four-touchdown game, was stuffed twice by the Kansas City de-

fence with the outcome hanging in the balance.

The Seahawks' last-chance drive ended when Wilson threw incomplete on fourth-and-18 at their 20-yard line with 1:13 left.

"They had a great defence," Wilson said. "They just made a great play."

The Chiefs' first fourth-down stop came with about six minutes to go. Lynch was tackled after a 2-yard gain on third down, and coach Pete Carroll elected to gamble at the Chiefs 2. Wilson saw Doug Baldwin in the corner of the end zone but badly overthrew him.

Seattle (6-4) held to get the ball back and appeared to convert a third down with a com-

pletion at the Chiefs 35. Reid wisely challenged the spot, though, and replays showed wide receiver Jermaine Kearse was a full yard short. The Seahawks again went for it, and Lynch was stuffed for no gain with less than four minutes to go.

By the time the Seahawks got the ball back one last time, they were pinned so deep in their own territory with such little time on the clock that it hardly mattered. Lynch left without speaking to reporters.

"Every game we've lost this season it seems like it's come down to the last play, whether it's defence or offence," Seattle defensive end Michael Bennett said. **THE ASSOCIATED PRESS**



Jamaal Charles, of the Kansas City Chiefs, centre, runs the ball against K.J. Wright, of the Seattle Seahawks, right, at Arrowhead Stadium on Sunday in Kansas City, Mo. Scan the photo with your Metro News app to see more action from the NFL's Week 11. WESLEY HITT/GETTY IMAGES

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**For those without a Metro, the forecast calls for "I dunno" with a slight chance of "Huhhh?"**



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries

**March 21 - April 20**

The facts of your situation are not in doubt, but what will you do about them? If your instincts point you in one direction while everyone else says you should do the opposite, trust your gut.

### ♉ Taurus

**April 21 - May 21**

If, as the planets suggest, you are getting frustrated at being ignored do something about it. There is no excuse for keeping your thoughts to yourself.

### ♊ Gemini

**May 22 - June 21**

What you need to remember over the next few days is that there are many routes to self-discovery, and many routes to fame and fortune too. Find a simple way to combine the two.

### ♋ Cancer

**June 22 - July 23**

With both Mercury and Uranus strong in your chart today there will be moments when your ideas and insights are touched by genius. What you discover is meant for sharing.

### ♌ Leo

**July 24 - Aug. 23**

Never be afraid of your feelings, even when they are negative in nature. If you are annoyed about something there must be a reason for it.

### ♍ Virgo

**Aug. 24 - Sept. 23**

If an amazing idea surfaces in your mind today you must do something with it. Write it down in as much detail as you can straight away.

### ♎ Libra

**Sept. 24 - Oct. 23**

Don't listen to those who say you must follow the "official" line on something. Trust your own moral compass.

### ♏ Scorpio

**Oct. 24 - Nov. 22**

Your mind is awash with ideas but you seem reluctant to do much with them. Maybe that's because you don't want to begin new projects in a rush of enthusiasm only to lose interest in them later. Take your time.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Instead of looking for ways to back out of a commitment, look for ways to make it work in your favour. If you combine positive with lateral thinking your life can be a huge success.

### ♑ Capricorn

**Dec. 22 - Jan. 20**

A minor piece of information could have major repercussions today. Something you are told may sound unlikely but don't dismiss it. Strange things are taking place behind the scenes.

### ♒ Aquarius

**Jan. 21 - Feb. 19**

It may seem as if someone is talking down to you but likely it is your defensive attitude that makes it look that way. You need assistance and they are willing to help, so relax.

### ♓ Pisces

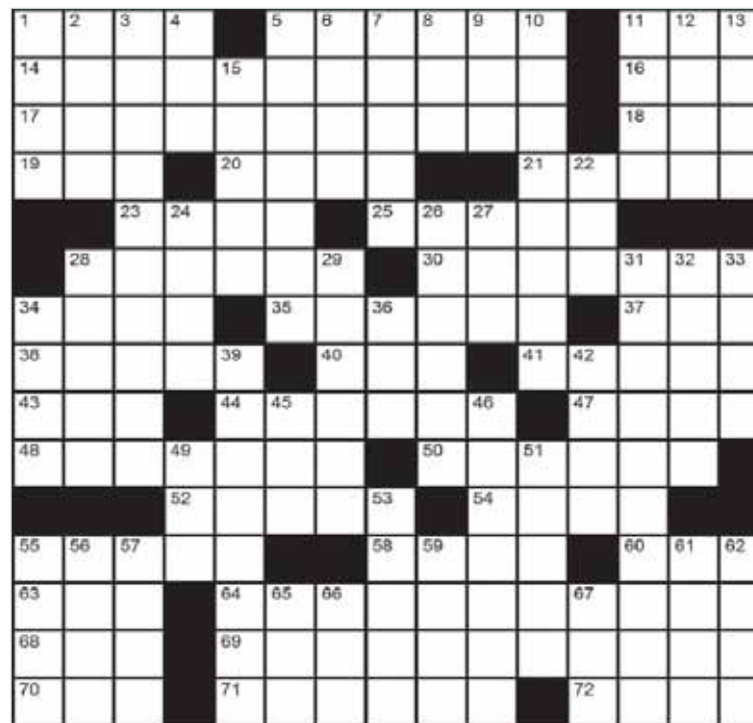
**Feb. 20 - March 20**

A problem that started out small has now grown to occupy your every waking thought. So, yes, it's high time you dealt with it.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Morning talk's Kelly
5. American-Canadian writer Mr. King
11. Truck co.
14. Vancouver attraction: 2 wds.
16. Be out of sorts
17. It's when celebs get special and/or unorthodox medical treatment: 2 wds.
18. Stew bit
19. Health or safety message, e.g.
20. Brain wave
21. Be a popular Twitter topic
23. Tree variety
25. "Amadeus" (1984) star Tom
28. Scant
30. Road traverser
34. Mr. Damon
35. Marriage partner
37. '\_\_\_' for Avonlea
38. Ben of "Saving Hope"
40. Basketball's li'l Magic city
41. Mailing enclosures, commonly
43. Former-NBAer, \_\_\_ Ming
44. Doodle, then erase, say
47. Bjork: "It's \_\_\_ Quiet"
48. As Seen On TV blanket
50. Skull's eye place
52. Spew
54. Author Leon
55. Badlands formation



### Down

6. Canadian History: Onondaga distance runner/Olympian (b.1887 - d.1949) who also served as a dispatch carrier in WWI: 2 wds.
70. Root vegetable
71. Declare, Bible-style
72. Author Ms. Sewell

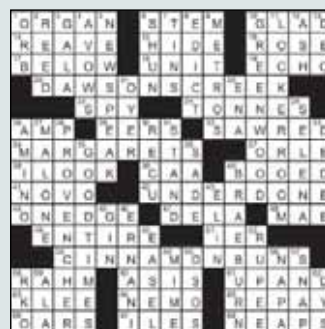
7. Ms. Winfrey
8. \_\_\_ jacket
9. Sleeve
10. 1912 Canuck book... Sunshine \_\_\_ of a Little Town
11. Be open-wide
12. Demeanor
13. Attired
15. Untruthfulness
22. King, in Portugal

### Down

1. Host's 'let me know'
2. Celine Dion: "That's the Way \_\_\_"
3. Peter \_\_\_, Style Expert on "The Marilyn Denis Show"
4. Li'l response
5. Bids
6. David Pierce link

24. 'Different' suffix
26. Throat parts
27. Guitar guru Mr. Paul
28. \_\_\_ Calendar
29. Lyric poems
31. Makes the most of a money-making opportunity: 3 wds.
32. "Villain, thou \_\_\_" - Shakespeare
33. Gas station
34. Spring months
36. Hockey's Bobby
39. Hints at
42. "Born to Get Wild" by Steve \_\_\_ feat. will.i.am
45. Never: German
46. Beach Boys: "\_\_\_ It Be Nice"
49. Comprehend
51. Vancouver-born journalist Mr. Oliver
53. Deed
55. Justin Bieber hit
56. Fertilizer ingredient
57. Overbrim
59. Tyros, briefly
61. Trim
62. Miss: Spanish [abbr.]
65. \_\_\_ degree
66. Ms. Irving
67. Sports org.

## Friday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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